A 5-Minute Spiritual Reset

A gentle printable guide for grounding, release and renewal



This gentle mini guide is here to help you pause, breathe and come back to yourself. In just a few quiet minutes, you can release what feels heavy, reconnect with what matters, and step forward feeling calmer and more grounded.

Created with love by Path to Peace Studio

Your 5-Minute Reset

Use these four simple steps whenever you need to slow down, clear your energy, and come back to yourself.

1. Pause and Breathe



Sit comfortably and place one hand on your heart. Take three slow breaths. Let your shoulders soften.

2. Release What Feels Heavy



Quietly ask yourself: What am I carrying right now? Exhale it out. Imagine the heaviness leaving your body.

3. Choose What You Need



Pick one word for this moment: peace, clarity, rest, courage, or trust. Hold that word gently in your mind.

4. Ground and Continue



Place your feet on the floor. Notice one thing you can see, one thing you can hear, and one thing you are grateful for. When you feel ready, begin again.

A few quiet minutes can change the tone of your whole day.

Reflection & Affirmation

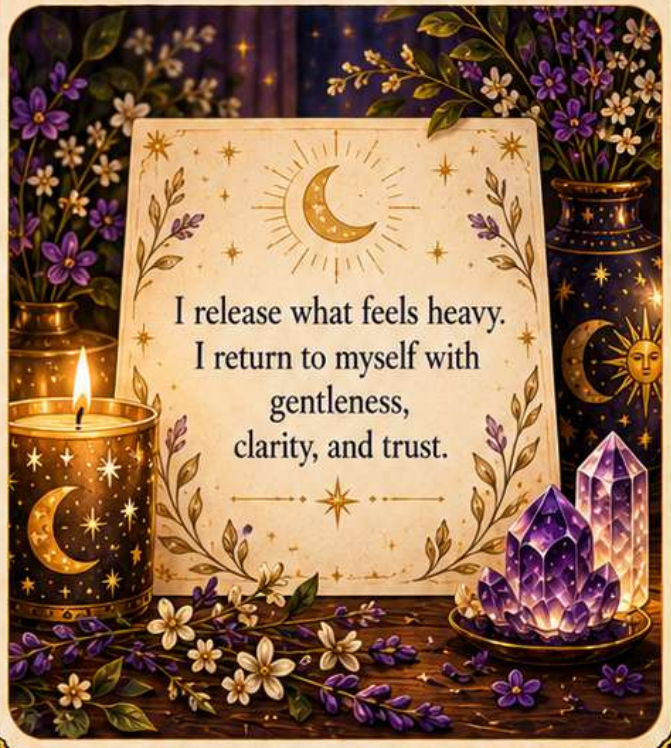
Use these gentle prompts after your reset, or any time you want to check in with yourself.

Journal Prompts



- What am I ready to let go of today?
- What do I need more of right now?
- What is one small thing I can do to support myself today?

Affirmation



My Intention for Today

With love and light, Path to Peace Studio